

The Physician's BOOKSHELF



CALIFORNIA MEDICINE does not review all books sent to it by the publishers. A list of new books received is carried on page 49 of the Advertising Section.

DYNAMIC PSYCHIATRY IN SIMPLE TERMS—Third Edition—By Robert R. Mezer, M.D., formerly Instructor in Psychiatry, Harvard Medical School, and Assistant Professor of Psychiatry, Boston University School of Medicine. Foreword by Harry C. Solomon, M.D. Springer Publishing Company, Inc., 200 Park Ave., South, New York, N.Y. 10003, 1967. 182 pages, \$2.95 (paperback).

Dr. Mezer has succeeded in presenting current psychiatric concepts in a highly readable fashion. His writing is clear and understandable. He has necessarily had to compromise by oversimplifying his presentation of complex psychic processes. For example, in outlining the stages of psychosexual development, he follows the conventional abbreviated psychoanalytic model with relatively little attention to genetic, sociological and other factors that play important roles. The possible role of genetic factors in mental illness is not touched upon except for one reference to heredity in the discussion of manic depressive psychoses.

His definition of libido appears to be too broad and his indication that doctors in training to become psychiatrists routinely have a personal analysis is clearly an overstatement.

However, the book should continue to be useful to those who wish to get an overview of the principles of dynamic psychiatry. It should be helpful to students of medicine, nursing and other associated professions as well as to laymen who wish to obtain some understanding of the contemporary psychiatric approach to mental and emotional disorders.

NORMAN Q. BRILL, M.D.

* * *

THE ART OF PREDICTIVE MEDICINE—The Early Detection of Deteriorative Trends (Proceedings of a Symposium)—Compiled and edited by Webster L. Marxer, M.D., Director, Diagnostic Survey Department, Beverly Hills Medical Clinic, Beverly Hills, California, and George R. Cowgill, Ph.D., Sc.D. (Hon.), Professor Emeritus of Nutrition, Yale University; Adjunct Professor of Biochemistry and Nutrition, University of Southern California, Los Angeles, California; Beverly Hills Medical Clinic, Beverly Hills, California. Program Committee, Wendell H. Griffith, Webster L. Marxer and Laurence E. Morehouse. Charles C Thomas, Publisher, Springfield, Illinois 62703, 1966. 358 pages, \$15.75.

This symposium was undertaken at the instance of a retail clerks' union and of its opposite number, an employers' group, with the aim, as stated on the jacket, "to examine the feasibility and advisability of launching a program aimed at the detection of deteriorative trends much earlier than has proved possible hitherto in periodic health examinations . . . for the purpose of preserving the individual's wholesome good health." The magnitude of the project is manifest in the size of the contributing groups, which consisted of 28 "participants" and 25 "observers" (who also joined in the discussions). The pro-

fessional competence of both groups appears to be high. Topics covered in detail are: Biology of aging, by Ralph V. Gerard; stresses in relation to disease, by Hans Selye; motivation, by Frank Fremont-Smith; the "style of life," by Lester Breslow; stress testing on aviation personnel, by Laurence E. Morehouse; performance evaluation and prediction, by Don Flickinger; biochemical individuality by Roger J. Williams; the laboratory in diagnosis, by Julius Sendroy, Jr.; human metabolism of amino acids and fats by Anthony A. Albanese; malnutrition, by Herbert Pollack; automatic instrumentation, by Wayland C. Griffith; data processing, by Richard Orr; demonstration cells, by Paul Weiss; deterioration in sub-cellular systems, by Lester Packer; some aspects of metabolic disease as bearing on early detection of deteriorative trends, by Laurence V. Kinsell; the state of the art of early detection of deteriorative trends in the cardiovascular system, by George C. Griffith; early detection of deteriorative trends in pulmonary function, by Ulrich C. Luft; serological screening tests for the early detection of chronic disease, especially cancer, by Charles M. Carpenter; future problems of virus infection, by Robert J. Huebner; the beginning of deterioration, by Nathan W. Shock; the cellular level of aging, by Leonard Hayflick; nutritional aspects of deterioration, by George J. Hamwi; and early asymptomatic diabetes (prediabetes), by Rafael A. Camerini-Davalos.

There is a summarizing discussion by Chairman Frank Fremont-Smith, with an addendum with concluding remarks by one of the organizers of the symposium, Webster L. Marxer.

This is probably not a volume for the general reader. It does afford a series of expert reviews of the different aspects of the aging process, while making it clear that a large amount of further research, including extensive use of computers, will be necessary before the age-old problem will be solved of finding a valid application of general principles to the specific needs of the individual which are so enormously varied. To quote the jacket again: "This concept of predictive medicine represents an attempt at a consideration of a continuing appraisal of the interesting dynamics of the Whole Man." The selection of the word "art" for the title instead of "science" seems apt.

H. K. FABER, M.D.

* * *

MEDICINE AT THE PARIS HOSPITAL: 1794-1848—By Erwin H. Ackerknecht, M.D. The Johns Hopkins Press, Baltimore, Maryland 21218, 1967. 242 pages, \$8.95.

Professor Ackerknecht's *Medicine at the Paris Hospital 1794-1848* is an important book dealing with one of the most important periods in modern medicine. The first half of the nineteenth century saw not only the rise of